

AMENDMENTS TO THE CLAIMS

1. (Currently Amended) An apparatus for managing the quantity of exercising to be healthy, ~~characterized in that it comprises~~ comprising:

a portable casing with a display fixed thereon, ~~the~~ said portable casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

and

body fat rate calculating means for determining the body fat rate on the basis of ~~the~~ said personal data and the value of said bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body, whereby the exercise quantity along with the body fat rate are shown in said display.

2. (Currently Amended) ~~An~~ The apparatus for managing the quantity of exercising to be healthy according to claim 1, ~~wherein it further comprises~~ further comprising:

basal metastasis estimating means for estimating the basal metastasis on the basis of said personal data and said body fat rate;

exercise quantity estimating means for estimating the total exercise quantity on the basis of data provided by means of said exercise quantity measuring means;

calorie consumption calculating means for determining the calorie consumption on the basis of the estimated basal metastasis and the total

exercise quantity;

caloric intake inputting means for inputting the calorie taken in by drinking and taking food; and

caloric balance calculating-and-displaying means for determining the difference between the caloric intake per day and the calorie consumption and for displaying the balance between the caloric intake and the calorie consumption.

3. (Currently Amended) An apparatus for managing the quantity of exercising to be healthy, ~~characterized in that it comprises~~ comprising:

a portable casing with a display fixed thereon, ~~the~~ said portable casing having exercise quantity measuring means installed therein;

at least one set of electrodes fixed to the surface of said portable casing for measuring bioelectrical impedance;

data inputting means for inputting personal data including sex, age, height and weight;

body fat rate calculating means for determining the body fat rate on the basis of the said personal data and the value of said bioelectrical impedance, which bioelectrical impedance appears between two selected electrodes when a controlled weak current flows between the two selected electrodes through a living body;

body fat rate setting means for setting a desired body fat rate as a target; and

healthful exercising quantity setting means for determining the quantity of exercising each day toward the desired body fat rate on the basis of the so determined body fat rate and for setting the so determined quantity of exercise per day, whereby the exercise quantity along with the body fat rate and the healthful exercising quantity per day are shown in said display.

4. (Currently Amended) ~~[[An]]~~ The apparatus for managing the quantity of exercising to be healthy according to claim 3, ~~wherein it further comprises~~ comprising:

healthful exercising quantity renewing means for renewing the healthful exercising quantity per day in consideration of the exercising quantity determined the day before, the required renewal being made every day.